



Caribbean-Inspired Turkey Bowls

with Cashews and Pineapple Salsa

Spicy

Quick

25 Minutes



Ground Turkey



Jerk Spice Blend



Parboiled Rice



Onion, chopped



Pineapple



Poblano Pepper



Cilantro



Jerk Sauce



Cashews



Lime

HELLO JERK SPICE

A warm blend made with allspice, cinnamon, nutmeg and thyme!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, measuring spoons, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Jerk Spice Blend 🍷	1 tbsp	2 tbsp
Parboiled Rice	¾ cup	1 ½ cups
Onion, chopped	56 g	113 g
Pineapple	95 g	190 g
Poblano Pepper 🍷	160 g	320 g
Cilantro	7 g	7 g
Jerk Sauce 🍷	2 tbsp	4 tbsp
Cashews	28 g	56 g
Lime	½	1
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	⅓ tsp	¼ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Cook rice

- Stir together **rice**, **¼ tsp salt** and **1 ¼ cups water** (dbl both for 4 ppl) in a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 15-18 min.
- Remove the pot from heat. Set aside, still covered.



Cook turkey and veggies

- When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **turkey** and **remaining onions**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**
- Add **poblanos**, then season with **salt** and **pepper**. Cook, stirring occasionally, until **poblanos** soften slightly, 2-3 min.



Prep

- Meanwhile, finely chop **½ tbsp onions** (dbl for 4 ppl).
- Cut **pineapple** into ¼-inch pieces.
- Core, then cut **poblano** into ½-inch pieces, removing seeds for less heat. (TIP: We suggest using gloves when prepping poblanos!)
- Finely chop **cilantro**.
- Juice **half the lime** (whole lime for 4 ppl).
- Roughly chop **cashews**.



Sauce turkey and veggies

- Add **Jerk Spice Blend**, **jerk sauce** and **3 tbsp water** (⅓ cup for 4 ppl). Cook, stirring often, until **poblanos** are tender-crisp and **sauce** thickens slightly, 1-2 min.



Make pineapple salsa

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, combine **pineapples**, **finely chopped onions**, **lime juice**, **half the cilantro** and **⅓ tsp sugar** (dbl for 4 ppl) in a medium bowl. Toss to combine. Set aside.



Finish and serve

- Add **remaining cilantro** and **1 tbsp butter** (dbl for 4 ppl) to the pot with **rice**, then fluff with a fork until melted.
- Divide **rice** between bowls. Top with **turkey** and **pineapple salsa**.
- Sprinkle **cashews** over top.

Dinner Solved!